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Bangalore Mirror ON SUNDAY

TEMP Max 26 | Min 16 | Humidity 90% Fog/mist in the morning and mainly clear sky later Sensex 60,621 | Nifty 18,027 | Gold 57,100 | Silver 74,300 | Dollar 81.12 | Euro 88.08 | GBP 100.12

After 13 months and several tenders, there are no takers for BBMP's multi-level parking facility at Freedom Park

NO PARKING AT FREEDOM PARK

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The Bruhat Bengaluru Mahanagara Palike's (BBMP) grand plans for parking problems near Freedom Park have no takers. The multi-floor parking facility is yet to be opened to the public, months on.

The civic body had invested Rs 80 crore towards improving the parking woes in the form of a multi-level parking facility at Freedom Park. The 1,000-vehicle-capacity facility was ready for operations roughly 13 months ago.

Even as protestors at Freedom Park continue to park along the road nearby, adding to the woes, there seems to be no

CONTINUED ON PAGE 4 »

CITY / PAGE 7

Great gigs in the sky

2023 promises to be a spectacular year for sky gazers

3 THINGS TO DO

01 Bhangra, anyone?

A dance form which has had humble rural beginnings and is now recognised on a global level, Bhangra is popular not only due to its cultural essence but also due to its fitness benefits. Sign up to burn calories in a fun way or to learn a new dance form or strengthen your Bhangra skills. **Where: Lahe Lahe, Indiranagar**
When: January 22, 12 – 2 pm
Tickets: 9886294444

02 Epic tales

Few stories in the world are as intriguing as the Mahabharata, with its numerous plots and subplots and characters having strengths and flaws in equal measure. 'Stories from the Mahabharata' is an endeavour by Aparna Jaishankar to recreate an interest in this epic. **Where: Lahe Lahe**
When: January 22, 5–6 pm
Tickets: 9886294444

03 Book talk

Atta Galatta presents the Bangalore book launch of Fireflies from the Future, a novel with two incredible stories that present a mirror to our society and show what kind of a future we're headed for. The book is written by Abhishek Mittal, an engineer and author who has written extensively about politics and governance for organisations like The Logical Indian.
Where: Atta Galatta; When: January 22, 6 pm

A new low for Bengaluru

Test Positivity Rate drops; doctors say covid cases are less in number but respiratory and eye infections have increased, especially in children

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There has been an increase in respiratory infections and health experts say it could be due to the frequent weather changes and cold, coupled with pollution

The Test Positivity Rate (TPR) which had risen slightly last week has dropped once again. Despite a surge in case numbers in several countries, doctors say that there is nothing to worry, yet.

"Usually in India, a fresh Covid wave peaks after six weeks following a similar surge in other countries. However, this time, despite Covid surge in China and other east Asian countries, there have not been many cases, especially in children. During the first two waves, we had many admissions related to Multisystem inflammatory syndrome in children (MIS-C) among children. Many of the young patients had required admission in ICU. However, now, ICU admission is far less or insignificant," said Dr Parimala V Thirumalesh (Senior Consultant-Neonatology and Paediatrics, Aster CMI Hospital).

He added that the Covid vaccine has improved our herd immunity hence, reducing the severity of the current variant which mostly has only flu-like symptoms with minimal complications.

The Covid case numbers being reported in kids are low. There are hardly any Covid cases being reported in the age group below nine years.

According to the BBMP's health bulletin of January 16, only one case was reported in the age group of 10-19. The maximum Covid cases are being reported in the age group of 30-39.

Around 133 wards in the city have zero Covid cases.

In the last 10 days, Bellandur has reported only two cases, followed by wards like HSR Layout, CV Raman Nagar, Katriguppe, Uttarahalli, Attur, Jakkur, Kaval Byrasandra, Lingarajapuram and Kadugodi which have reported just one case.

"Currently, we are seeing not many covid cases but there has definitely been an increase in upper and lower respiratory infections along with eye infections as well. Many of the kids are suffering from flu-like symptoms due to change in weather and cold conditions in the evenings and mornings. There have been cases among kids with complaints of vomiting and diarrhoea," said Dr Nagendra M, paediatrician from Eshwar Child Care.

> **"Many of the kids are suffering from flu-like symptoms due to change in weather and cold conditions in the evenings and mornings** – Dr Nagendra M, paediatrician, Eshwar Child Care

Meanwhile, Dr Parimala suspected that in the future, Covid probably could become another seasonal flu or influenza both in children and adults thus continuing to remain with us but without any reason for pressing the panic button.

"We have had several Covid waves so far, Delta being the worst in 2021. The Omicron wave was the mildest. Though not all children are vaccinated as the vaccine was available for only those above 12 years, many of them got Covid along with their parents during the Omicron wave.

"MISC is a complication that occurs post Covid as the body continues to react with increased inflammation in all systems causing severe complications and failure of each system, which could also lead to deaths if severe. This was a common condition in children post Delta wave and became lesser post Omicron wave," she added.

Wipro fires 400 freshers for poor performance

IT giant explains that it takes pride in holding itself to the highest standards

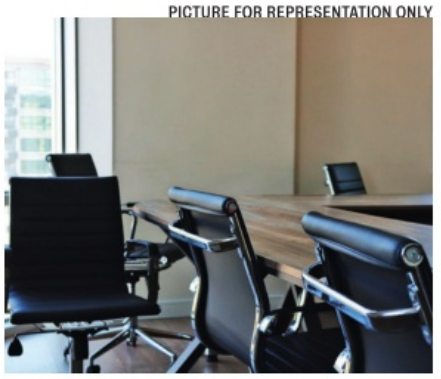
IT giant Wipro has laid off more than 400 fresher employees for their poor performance in internal assessment tests.

The company has issued termination letters to all the employees affected and stated that despite adequate training, they failed to perform. Sources explained the termination letter maintained that the employees were liable to pay Rs 75,000 of the training cost which the company has spent on them. But, the amount is being waived off.

"We wish to inform you that the training cost of Rs 75,000 which you are liable to pay, will be waived off," the letter reads.

Commenting on the development, the IT giant clarified that it takes pride in holding itself to the highest standards.

PICTURE FOR REPRESENTATION ONLY



According to the termination letters, the freshers failed to perform despite being given adequate training

> **"The training cost of ₹75,000 which you are liable to pay, will be waived off** – the termination letter

"From every entry level employee, it is expected that they will have a certain level of proficiency in their designated area of work. The evaluation process includes aligning employees with the requirements of clients and the business objectives of the organisation.

"This evaluation process, systematic and comprehensive, is followed by a series of actions such as mentoring, retraining and separation of employees from the company," it says. **– IANS**

Speeding lorry rams into scooter, killing 1

A scooter rider was killed and the pillion rider was seriously injured after a lorry collided with their vehicle near the Nice Road junction.

The victims have been identified as Saritha, 21, and Anita, 20. Saritha, who got married only a month ago, had gone to Kabbalamma Temple in Ramanagara on a scooter with her friend Anita. They were returning to the city from the Kumbalgodu route when a speeding lorry collided with the scooter at the Nice Road junction turn. The scooter got stuck in the lorry and was dragged for about three metres. Sarita lost her life on the spot and the police said that Anita's leg was also torn.

Based on the complaint filed by Kumar Singh, an eyewitness, Kengeri Traffic Police has registered a case and arrested the driver Abhishek and seized the lorry. A police officer said that the preliminary investigation revealed that the driver Abhishek, who was carrying goods from Kumbalgodi to Kanakapura, was speeding and negligent.

Anita, a final year B.Com student at a college in Vijayanagar, is currently getting treated in a local hospital.

Road rage accused in judicial custody

The 9th ACMM Court has ordered judicial custody of the five accused in connection with a road rage case. The accused have been sent to judicial custody till February 3. The accused have been identified as Darshan, Srujan, Vinay, Yashwant and the driver Priyanka. A case has been registered in Jnanabharathi police station. While a case under IPC Section 354 has been registered against Darshan, Srujan, Vinay, Yashwant, a case under IPC Section 307 has been registered against Priyanka.

According to the police, Darshan was dragged as he was holding onto the bonnet of Priyanka's car.

Chain-snatcher nabbed

A chain snatcher staying behind the Chennammanakere Achukattu police station has been nabbed. Manju CK, who was a gym trainer, had rented a house near the police station to keep an eye on the police. **—Ahna Prakash**

PAGE 6 **What's that in my water?**

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Enraged? Breathe in, out

BM tries to figure out what is up with all the anger on city's roads

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The spate of road rage cases in Bengaluru have left the city rattled. While mental health experts have pointed to personality disorder issues in these cases, traffic police say there is a need to follow discipline.

In a week, we have seen a two-wheeler rider dragging an elderly man for 700m and a woman driving off with a man clinging on to the vehicle's bonnet for 3-4 km. Cases were booked against the offenders. But the question remains as to how such incidents of road rage can be avoided in the future.

Traffic cops say such incidents are rare and spontaneous. "In such a scenario, we immediately book cases. Road rage is caused by lack of self-control and cannot be attributed to traffic issues. Such incidents are rare but there has been a rise in individuals escalating road rage to the extreme. We conduct training and workshops for drunk-driving cases at our TTRSI. We will think of some training for road rage as well," said Joint Commissioner of Police (Traffic) MN Anucheth.

Deputy Commissioner of Police-West (Traffic), Kuldeep Kumar R Jain said there is a need for citizens to maintain discipline on roads and inform police in such cases. "People should reach out to us via 112 if they are unable to reach a resolution in accident cases. We will intervene and help citizens cannot resort to taking the law into their hands. Commuters need to be more disciplined and informing police on time can help avoid such incidents in future. We conduct monthly citizens' forum meetings and daily awareness programs," added Jain.

"Commuters need to be aware of the consequences of road rage incidents and that cases will be booked. Secondly, there is a need to change people's behaviour on roads," said DCP(East) Kala Krishnaswamy.

Traffic cops pointed out that many experience road rage but only a few escalate into such violent incidents. Mental experts say that a primary reason for that could be some personality disorder. "The reason could be multifactorial but one of the reasons could be a personality disorder. Some people have rigid beliefs and principles and feel that breaking rules should come with consequences. There tends to be an inflexibility in their nature and the extreme end is showcased in road rage. People are overcome with sudden bouts of anger and lack of emotional control. In some cases, it could be displaced anger stemming from work or home space and some could be cases of anger management issues. In such cases, they might require behavioural therapy. They could be introduced to such situations in situational role-play and asked to respond and behaviour should be corrected," said Dr Neeraj Raj B, Consultant-Psychiatry and Counselling Services Aster RV Hospital.

Traffic police say people must know that they will face action if they take law in their hands

How to avoid it?

Experts say that the best way is to attain self-control and realise the consequence of one's actions. In certain cases of absolute lack of control over actions, it is advised to step away from the space and do relaxation exercises. Take deep breaths to calm yourself down. If a fellow driver is available, they should try to distract the person by engaging them in alternate activities. Some commuters listen to soothing music to prevent stress.

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IISc zeroes in on weak link in structure design

In 27-page report on Metro mishap, IISc points to supporting structure flaws

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The Indian Institute of Science (IISC) report about collapsed reinforcement cage showcases lapses in Bangalore Metro Rail Corporation Limited's (BMRCL) metro pillar design. According to the report, the lapping point of metal bars led to the weakening of the structure.

Nearly 10 days ago, the IISC was tasked by BMRCL to investigate the collapse of the construction structure at Pillar 128 near HBR Layout which led to the death of two persons.

A 27-page report was mailed to the BMRCL office on Saturday afternoon and a meeting with the investigating team will be held on Monday. After due investigation and tests, the IISC study has found that there were lapses in the supporting system for the 18 metre tall reinforcement cages.

According to Dr Chandra Kishen JM, Professor at the Department of Civil Engineering, IISc, when the reinforcement structure is constructed for the 18 metre pillars, usually 12 metre steel bars are used and welded with another 6 metre piece. The lapping point has turned out to be a weak link in the design.

"Owing to the weight of the structure and the weak link, the structure has a tendency to bend. Additionally, the supporting system consisting of four guy wires also weakens when the structure bends. When it bends, two of the four guy wires slack and increase pressure on the other two wires. This is the primary cause for breakage of the guy wires," he said. However, the construction material used for BMRCL construction was of high quality and passed all tests, he clarified.

> **"The lapping point has turned out to be a weak link in the design. The weight of the structure and the weak link cause a tendency in the structure to bend**
> – Dr Chandra Kishen JM, IISc

"There is no question of sub-standard quality of work, we conducted multiple tests like a mechanical test of reinforcement bars and was found to be as per IRC standards. All other tests also revealed the excellent quality of work" he explained.

Meanwhile, IISc has made a couple of suggestions to avoid such incidents in future. The report suggests a secondary support system for the reinforcement structure in case the primary fails.

Additionally, it has suggested BMRCL build pillars in two stages. Each stage will be constructed at an estimated 8-9 metre height. It has also recommended that BMRCL classify such areas as special structures.

The report recommended that structures adjacent to traffic and with space constraints be treated as special structures. At such sites, only workers with high experience in the field should be deployed. Training sessions should be provided in the local language of the workers. Such structures should adhere to regular safety examinations and routine training should be provided to junior engineers. BMRCL should also consider the advice of junior engineers with gravity, he informed. However, the IISc report has not revealed whether the blame for poor design lies on the contractor or BMRCL.

File photo of the collapsed iron casing for the metro pillar near HBR Layout on the day of the accident that claimed two lives

BMRCL MD appears before police for inquiry

Bengaluru Metro Rail Corporation Limited (BMRCL) Managing Director Anjum Parvez on Saturday appeared before the police in connection with the collapse of an iron pillar at the site of construction of Bengaluru Metro. Two persons were killed in the incident.

A woman and her son were killed following the collapse of the iron pillar that fell on them while passing through the site of construction. The deceased were identified as 25-year-old Tejaswini and her two-and-half-year old son Vihan. The woman was on a motorcycle along with her husband and another son.

The Govindapura police had served notice to Anjum Parvez regarding the case. He appeared before the DCP (East) Bhimashankar Guled and attended the inquiry.

"I attended the inquiry as I was summoned by the police. A report has been sought by the Indian Institute of Science (IISc) regarding the incident and precautions that need to be taken in future to prevent such incidents," said Parvez. "The reports have to be submitted. The engineers are being trained to take up security measures. Action will be initiated against the construction company as per the contract agreement. We will see to it that in future such incidents don't take place," he added.

Following the incident, the 'negligence' of BMRCL was criticised by the deceased's family as well as the general public. The victim's family had lodged a complaint in this regard against the contractor and the Nagarjuna Construction Company. Karnataka Chief Minister Basavaraj Bommai and Home Minister Araga Jnanendra have assured action against the guilty. The Karnataka High Court has also taken up the case on its own for the probe. -Agencies

No takers for this multi-level parking space

CONTINUED FROM PAGE 1

interest in the project from bidders.

Now, BBMP has called for tenders again for the eighth time for a term of 10 years at 6.75 Lakh EMD (Earnest Money Deposit). A senior BBMP official told BM that the Palike had floated the tender but there was not even a single bidder for the project.

In the past, BBMP failed to finalise a bidder each time it floated the tender. Repeated failures have raised concern whether the BBMP will altogether fail to commence operations at the facility.

The three-floor parking facility can handle 550 cars and 450 two-wheelers. The BBMP wants the bidding agency to operate all services at the parking facility 24X7, collect service fees and be responsible for damages.

To make the bid more attractive, the civic body extended the term for maintaining the facility to 10 years from five years. In May 2022, the BBMP shifted from a fixed-price model to a revenue-sharing model. Both BBMP and the agency would collectively share the revenue, and the agency would collect a service fee. Furthermore, to encourage the use of the facility, paid parking was proposed on 12 roads — Kalidasa Road, Freedom Park entrance, Ramachandra Road, 2nd to 5th main roads, all roads from 2nd Cross to 6th Cross and Subedar Chatram Road.

Mobility experts felt that the parking facility had been envisioned in isolation.

> **"Freedom park is not an appropriate area for a multi-level parking facility. BBMP is thinking about this infrastructure in isolation**
> — Ashwin Mahesh, mobility expert

"Freedom park is not an appropriate area for a multi-level parking facility. BBMP is thinking about these infrastructures in isolation. After parking, people should be able to walk through the area. But there are no proper footpaths around the area. There should be at least 400 m of Smart City infra and 2 m-wide footpaths around the facility. Ideally, BBMP should only take up such projects signed off by BMLTA," said mobility expert Ashwin Mahesh.

Recently, special commissioner of police (traffic) MA Saleem requested the BBMP to build more multi-level parking facilities in the city.

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Causing hindrance

Hosa Road

This abandoned car has been obstructing the smooth commute on the main road for months now. It's parked opposite Mahaveer Ranches, in Hosa Road.

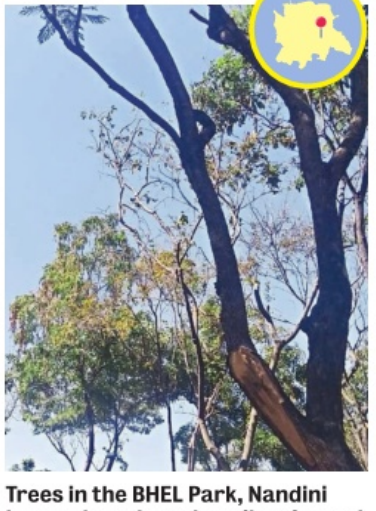
Keep it clean

Lakkasandra

The skywalk in Lakkasandra is very dirty. Authorities should do something to keep it clean.

Savage trim

Nandini Layout



Trees in the BHEL Park, Nandini Layout have been heavily trimmed by cutting too many branches, presumably as part of renovation.

Root shock but does anyone care?

Activists complain that no action has been taken against those responsible for damaging century-old heritage trees on Gandhi Bazaar Main Road

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A residents' group from Gandhi Bazar Main Road in Basavanagudi has reached out to the Deputy Forest Conservator of Bruhat Bengaluru Mahanagara Palike (BBMP) complaining that no action had been taken against those responsible for damaging century-old avenue trees on the stretch while carrying out the white-topping work.

According to the residents and traders of the area, while the issue was brought to the DCF's notice more than a week ago, no action has been taken against the defaulter so far.

"After we raised the complaint ten days ago, the BBMP officers inspected the trees and directed the contractor to water them. However, the contractor stopped watering the trees the very next day. The trees have not received any attention as well. Moreover, no action has been taken against the contractor for negligence," said Guru Prasad, a resident of the area.

Locals had reached out to the BBMP's forest cell after around 12 trees on Gandhi Bazar Main Road had started wilting due to the ongoing white-topping work. Residents alleged that the roots of the trees were severely damaged. Not only were they exposed but were also cut at multiple points.

"We had requested the BBMP officials to initiate stringent action against the contractors for their callous way of working which has resulted in damaging the roots of the trees irreversibly. We were assured that action will be initiated against the chief engineer-central projects and the EE, AEEs and AE of BBMP along with the commissioner of DULT, project in-charge, DULT and the project architect," said another resident of the area.

BangaloreMirror
Beat Roots
'Contractor hired by civic body threatened us after we raised the issue', complain residents

Our Jan 10 report was about 12 trees affected on Gandhi Bazaar Main road

The group, in the letter written to the DCF, BBMP has demanded that the ongoing work should be stopped and an immediate joint inspection, involving all the stakeholders such as the residents, traders and street vendors, should be conducted to not only assess the damage done but also to determine the next step in reviving the trees.

"We have requested the officials to plan an alternative tree line that will replace the present tree line. This will ensure that the green cover will remain even if these trees die. We also understand that the use of chemicals during digging has led to the destruction of the roots and this also needs to be examined by the officials. Strict legal criminal action had to be initiated against the persons responsible for this," read the letter submitted by the residents to DCF, BBMP.

When BM reached out to Sareena Sikkaligar, DCF, BBMP, she said, "I have received the complaint from the residents, and I have started an inquiry into the matter."

Readers rally for green

The spate of tree-cutting going on in the name of development has alarmed our readers. Read two views we have received:

As a resident of Koramangala, I am concerned about the state of affairs. We saw hundreds of trees mercilessly cut when the roads here were expanded, and the congestion remains-- it's only increased. Maybe the solution lies in selling fewer cars, and destroying a few car factories; not felling trees. Maybe the solution lies in improving public transport -- and subsidising it. In carving out more cycle paths. We need to slow down. Not speed up, road traffic.
Thanks to Kim Suki and others for bringing this issue to public attention. I hope BBMP and other decision-makers will listen to citizens concerned and the schoolchildren of Sadashiva Nagar, rather than builders. And again, this concerns all Bengalureans, not just citizens of any one locality. Our voices must be heard. **- Smita**

While Bengaluru has been bursting at the seams in the name of development, there is a huge number of trees that are being cut down. The urban planners do not pay heed to the public outcry to not cut down trees. We have seen the pathetic situation of Delhi, which has smog and very high particulate contamination in the air. It seems we are also heading towards a similar disaster.
Some solutions according to me:
Underground tunnels are a better way of creating new arterial roads If it is extremely necessary to remove trees, we have to make provisions for transplanting these trees and involvement of ecologists, town planners and citizens of the affected areas should be taken into confidence
Local bodies must be formed who decide on the local development. **-Arun Gupta**

Dr H.J Jaikrishna, M.D.S,
PGDMLE(NLSIU)
Syndicate Member, RGUHS

Multidisciplinary and holistic approach to Health sciences and future of Health Universities

Ano bhadra krtavo yantu vishwatah''
(1.89.1 Rig Veda)
"Let noble thoughts come to me from all directions"

National Education Policy clause 20.2 states that "Professional education becomes an integral part of the overall higher education system. Stand-alone agricultural universities, legal universities, health science universities, technical universities, and stand-alone institutions in other fields, shall aim to become multidisciplinary institutions offering holistic and multidisciplinary education. All institutions offering either professional or general education will aim to organically evolve into institutions/clusters offering both seamlessly, and in an integrated manner by 2030."

NEP also states that "Healthcare education needs to be re-envisioned so that the duration, structure and design of the educational programme need to match the role requirements that graduates will play. Students will be assessed at regular intervals on well-defined parameters primarily required for working in primary health care centres and in secondary hospitals."

We as healthcare providers perceive a huge disparity between both the skill sets that students learn and its appropriate and seamless implementation into a healthcare setting. Every discipline associated with patient care is included under the general term "health sciences." Healthcare does indeed have a rich history of integrating findings from other fields to improve clinical care. Clinical breakthroughs have been propelled by the constantly evolving technologies. There are numerous instances of it now; from physicists discovering X-rays to mathematicians developing elaborate theories to make sense of the data we have; everything has rendered clinical diagnosis and treatment planning easier, including creating and carrying out community-based health initiatives. Examples of interdisciplinary research are not limited to the science, technology, engineering and mathematics (STEM) subjects; social, economic and behavioural sciences play a prominent role in improving public health and clinical practice. The role of the arts and wider humanities has been the focus of several recent initiatives.

The practise of medicine is evolving into a more complex field across all specialties. While digital advancements enable us to deliver better treatment, patients might get lost in the shuffle between doctors and other healthcare professionals. Working as a cohesive team is one of the best strategies we as aspiring doctors can use to reduce patient confusion and make the most of all healthcare professionals' abilities. Early in medical school, students learn the value of teamwork, but the health care team includes more people than just medical students, residents, and attending physicians. Training with other allied medical professions can and, in our opinion, should be a part of medical education. Students get the chance to learn with others when they study the health sciences in diverse campuses.

Interprofessional Education and Healthcare Communications are two instances of interdisciplinary courses. The Interprofessional Education course is followed by a course entitled Healthcare Communications, which is taken by medical, dental and pharmacy students. The course requires students to examine their individual style of communication and learn how to develop interpersonal skills to foster a more efficient and respectful atmosphere.

Our university, Rajiv Gandhi University of Health sciences was established with a purpose of ensuring proper and systematic instruction, teaching, training and research in modern medicine and Indian systems of medicine in the State. It is time to move away from only being affiliating and exam conducting duties to creating conducive ecosystem for a multidisciplinary collaboration.

Despite being the largest university, we failed to develop vaccines during COVID and had to depend on private players such as SII for the same. We have resources which need to be channelized and utilized to create programmes that provide ample research opportunities. Innovation is the only way forward, and these innovations and discoveries can only happen with good support from the University. Therefore, it becomes imperative for the universities to create ecosystems which help in advanced research, innovations and product development. Collaboration with biomedical, bio-technology, mechatronics, robotics, artificial intelligence and medical engineering could help us in product development like dental materials, stents, meshes, implants. Even collaborations with the DRDO to make bone plates and the like can be considered. Global collaborations with universities and industry giants and research laboratories can bring about a lot of innovations and make us more self sufficient.

The recent COVID pandemic has digitalised the method of imparting lessons and seeing patients. This should serve as a wakeup call and the university should have an active role in revamping the current curriculum making it more holistic, synergistic and flexible while meeting global standards. Ethical education and an inherent respect for various cultures, races and languages should be stressed on. Creativity and critical thinking to encourage logical decision making and innovations should be supported and guided. Building teams, working together and persevering towards goals, while maintaining a 'light but tight' regulatory framework to ensure integrity, transparency, and resource efficiency through autonomy, good governance and empowerment is what this university aims to achieve.

As a university of health sciences, we should be a research-intensive university focusing not only on undergraduate education but also graduate and post-doctoral programs, thereby emphasising quality research and innovation. This can only happen

Advertorial

through a multidisciplinary approach and integrations and collaborations with different STEM and humanities fields. Universities should be able to act as a liaison between researchers and relevant branches of the government and industry. It should fund competitive, peer-reviewed grant proposals of all types and across all disciplines. The teaching faculty which is the pillar of the education system has to be upgraded to meet the demands of the global health sector along with good working environment and with regulations in place. Only then will they be able to impart education which meets international standards. The curriculum, assessment and the infrastructure should be standardised making it better than universities abroad.

To be on par with global universities, we should promote India as a global study destination providing premium education at affordable costs. When we have a larger number of international students studying in India this will provide greater mobility to students in India who may wish to visit, study at, transfer credits to, or carry out research at institutions abroad, and vice versa. Facilitating research/teaching collaborations and faculty/student exchanges with high-quality foreign institutions will allow the students to broaden their horizons. Meeting global standards will allow high performing Indian universities to set up campuses in other countries like how a few of the top 100 universities in the world have opened India campuses.

Our ancient India had the world-famous universities like Nalanda, Taxila, Vikramashila, Vallabhi, etc., and attracted the greatest scholars around the world with high standards of multidisplinary teaching and research.Recently, with introduction of NEP -2020 by the Government it has widened the scope of providing autonomy to institutions and to bring in high standards. We now have a wonderful opportunity to contribute to the successful integration of the National Education Policy-2020 to Health sciences and be part of change. Let Swami Vivekanada's quote "Education is the manifestation of the perfection already in man" inspire us to successfully plan and execute our vision and mission to make our university into a world-class institute.

THE SUNDAY READ

What's that in my water?

15 locations in city have nitrate levels beyond permissible limits and 6 places have high chloride content in groundwater, reveals report

| Garima Prasher
c-garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Bengaluru has recorded 15 locations with nitrate levels beyond permissible limits and six locations with higher chloride content in its groundwater reserve, says the most recent report on the state of groundwater in Karnataka released by the Central Ground Water Board (CGWB).

According to the document titled Groundwater Yearbook of Karnataka 2021-2022, while the permissible limit of Nitrate content is less than 45mg/l, its concentration in some of the groundwater samples in Bengaluru was found to be as high as 220 mg/l. Moreover, while the permissible limit of chloride in groundwater is less than 250 mg/l, many city borewells and dug wells recorded a chloride content of more than 300 mg/l.

The report has analysed various chemical parameters of water samples from 34 areas in the city.

When it comes to high levels of nitrate in groundwater, Yelahanka is the worst affected with a nitrate content value of 220 mg/L in groundwater samples followed by Attibele (151.2 mg/l), Bagalgunte (140.2 mg/l), Bannerghatta (132.6 mg/l), Jigni (125.5 mg/l) and Peenya (110.4 mg/l).

Unscientific disposal of domestic waste and extensive use of fertilizers for agricultural activities are the primary reasons leading to nitrate contamination, making it anthropogenic. Concentrations above permissible limits might lead to methemoglobinemia (a blood disorder) and increase the risk of intestinal cancer.

"Nitrate can leach into groundwater reserves from unscientific disposal of domestic sewage in landfills or open disposal. With water bodies in the city being used to dispose of untreated sewage, the nitrate level in groundwater is bound to go up. The compound is carcinogenic and the fact that nearly 50% of the water samples from the city have a higher level of nitrate is a matter of concern," said a city-based environment researcher.

The CGWB report also highlights the presence of high levels of chloride in multiple water samples collected from various spots across the city. The highest level of chloride (369 mg/l) in groundwater has been reported from areas such as Avalahalli, followed by Doddakanahalli (355 mg/l), Sarjapura (294 mg/l), Chikkabanavara (284 mg/l) and Yelahanka (266 mg/l).

Karnataka scenario

According to the report, the water quality analysis of as many as 1,675 wells across Karnataka shows that groundwater at many locations in the state is highly mineralized.

While 33.9 % of the samples gathered from 1,675 monitoring wells across various districts had chloride content above the permissible limit of 250 mg/l. The analysis of some of the wells from the districts of Bagalkot, Belagavi, Vijayapura, and Raichur showed the concentration to be more than 1000 mg/l.

Similarly, while the permissible limit of fluoride content in groundwater is 1.5 mg/l, about 10.8% of the total sample showed a concentration of more than 1.5 mg/l. These samples were collected from Bagalkot, Bengaluru rural, Raichur, and Shivamogga.

As many as 52.3% of the wells in Karnataka recorded nitrate concentration to be higher than the permissible level of 45 mg/L. These water samples were collected from Bagalkot, Bengaluru, Belagavi, Chikkaballapur, Chamarajanagar, Chikkamagaluru, Chitradurga, Hassan, Hassan, Kodagu, Mysore, Raichur, Ramanagara, and Vijayapura.

"Nitrate can leach into groundwater reserves from unscientific disposal of domestic sewage in landfills or open disposal

–City-based environment researcher

IN HIGH COURT

Matrimonial firm staffers off the hook

Karnataka High Court has quashed an FIR filed against two staffers of a matrimonial site for allegedly cheating a young woman by promising a good bridegroom through its site.

A single bench of Justice Hemanth Chandan Goudar, which had taken up the petition by Kannada Matrimony staffers Vijay Kumar and Chandrashekar, delivered the order recently.

The bench after verifying the complaint and documents in this regard stated that the main allegation against the accused is of receiving of Rs 3,700 by promising a good bridegroom. The allegation is made that they have not done their job and cheated the complainant.

There is evidence to prove that the matrimonial staffer intended to cheat the girl and hence the case against the staffers of the matrimonial site, the bench said.

It also opined that there are no elements to prove the allegation under IPC Section 420 and if the case is continued, it amounts to the misuse of judiciary. This case against the petitioners is illegal.

A woman had registered in the matrimonial site by paying Rs 3,700. One Amit Deepak from America had got introduced to her through the site. He took Rs 1.70 lakh from her saying that he had been stopped by customs authorities while bringing jewels and cheated her.

The woman had lodged a complaint against Amit Deepak and two staffers of the matrimonial site under IPC Section 420 and IT Act Section 66 (D). The police had registered a case against the accused and carried out an investigation. The staffers had approached the court seeking quashing of FIR against them.

Custody case: Man fined for ignoring order

The High Court has slapped Rs 25,000 fine on a man for not honouring the court's order regarding the custody of his child. The court also ensured handing over the custody of the child to the mother.

The husband had violated the mutual agreement in the court that the child would live in custody of the mother and the father for 15 days each in a month. The father dishonoured the agreement submitted to the court and ducked the warrant issued against him. He did not attend the court proceedings also.

The bench headed by the Chief Justice P.B. Varale and Justice Ashok. S. Kinagi gave the order recently (January 17), after looking into the contempt of court petition submitted by the court. The father of the child despite being an advocate had violated the court orders. The bench had taken serious note of the matter. —Agencies

Mysuru cops wage war against online conmen

Mysuru police successfully recover more than Rs 96.85 lakh from online fraudsters in 2022

While there has been an increase in online frauds, Mysuru police seem to be leading in helping the fraud victims. In fact, Mysuru police have cracked one of the highest number of online fraud cases and returned the money to complainants.

Recently, Chand, a 65-year-old man, had deposited his hard earned money in a savings account. He received a call for a KYC update. Without suspecting, he shared all the details only to lose all the money. However, timely intervention by police helped him recover the lost money.

So far, the Cyber Economic and Narcotics (CEN) Crime Police Station has helped 94 people recover their lost money.

According to B Ramesh, Commissioner, Mysuru City Police, in the last one year, police have recovered more than Rs 96.85 lakh.

"It is common for cyber criminals to use various types of cheating tricks. The golden hour is crucial. Hence, those who have lost money via online frauds should immediately inform the Cyber Control Room and lodge a complaint. This will help us to stop the transactions and track the online fraudsters," he said.

"We are able to find only 10 per cent of online fraud cases due to delay in reporting. If people immediately inform the police as soon as they lose money, we can act swiftly," said Jayakumar, Inspector, CEN Police Station.

The fraudsters try to withdraw money that was deposited to their account immediately. So, it is very important to act during the golden hour, he added.

CEN Police Station had recently formed a Rapid Action Force to avoid online fraud cases.

When the people complain to the police, messages are sent to bank officials to stop the illegal transactions. Reportedly, online fraud cases have doubled in the last two years. It is due to the lack of information among the public.

In 2021, 1,200 cyber crime cases were registered in Mysuru and the numbers rose to 2,449 in 2022. With timely intervention, police have been successful in recovering Rs 96, 85,984 in 94 cases.

"Victims of online fraud can call Cyber Control Room number- 1930 immediately and provide the bank account details, the police will stop the transaction," informed an official.

The great gigs in the sky

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If sky-gazing happens to be one of your favourite ways to appreciate the infinite wonders of the universe, then 2023 promises to be a spectacular year. From super moons to planetary alignments, the skies have a lot in store. Anand MY, scientist from Jawaharlal Nehru planetarium, shares what we can expect this year

When Saturn, Venus meet the moon

An hour after sunset, on January 23, watch the whisker-thin crescent moon in the southwestern sky align with Venus and Saturn. Both are in conjunction simultaneously with a separation of just one degree as they align (come in a straight line) with the moon.

Moonspiracy

As soon as the sun sets in the southwest on February 22, look for a waxing crescent moon extremely close at just one-degree separation from Jupiter. A dazzling Venus will be aligned a little lower in the sky. This grouping promises to be an extremely rare stunner.

Venus meets Jupiter

March 1

This is also a star event of the year. During the first two months, the two brightest planets -- Venus and Jupiter -- will slowly converge in the southwestern sky. On the evening of March 1, these dazzling planets will almost appear to touch each other as they make their closest approach, passing within half a degree. This rarest of rare events will be the showstopper of the year. It occurred in 2015 and will only happen again in 2036.

Penumbral lunar eclipse

May 5

A very faint eclipse in which the moon gets covered with a slightly greyish weaker shadow of the Earth.

Mars enters the Beehive

June 2

On the evening of June 2, Mars will glide in front of the famous Beehive, which is a star cluster of about a thousand young stars positioned about 600 lightyears away and marking the heart of Cancer, the crab. For those with binoculars and telescopes, this will offer a stunning view of the red planet being enveloped with stars on all sides.

Supermoon

July 3

There will be a bonanza of supermoons in 2023. The first one in July is known as the 'Buck', 'Thunder' or Hay Moon. This moon will be near its closest approach to the Earth and may look slightly larger and brighter than usual.

The Sturgeon

August 1

This Supermoon is known as the Sturgeon, Green Corn Moon and the Grain Moon. This is also the second of four supermoons for 2023

Saturn says hello

August 27

The ringed planet will be at its closest to the Earth looking its biggest and brightest. The Sun, Earth and Saturn will be in a straight line on this day

Once in a blue moon

August 31

The third supermoon of 2023 is the rarest because it is the only blue moon or second full moon of the same month and is also the biggest supermoon of 2023, which is a rare occurrence.

Harvest Moon

September 29

This supermoon, known as the 'corn' or 'harvest' moon, is the full moon that occurs closest to the September equinox.

Partial lunar eclipse

October 29

This eclipse shows a very small part of the moon, just up to 15 per cent, covered by the Earth's dark shadow, or umbra.

Jupiter is here

November 3

The giant planet will be at its closest to the Earth on this day, aligning with the sun and Earth in a straight line.

Geminid meteor shower

December 13 & 14

As the year draws to a close, sky-watchers can expect to be treated to one of nature's most famous displays: the famous Geminid meteor shower. Since the new moon will be out of the night sky entirely, viewers will be able to see even fainter shooting stars, making this possibly the best meteor shower of the year.

allo
#AskThe S'EXPERT

1 Whenever I'm aroused, I get too wet. At a point neither of us can feel anything because there's almost no friction...
Producing lubrication or "getting wet" is a normal function of the vagina and vulva. The amount of "wetness" varies from person to person & may be a sign of arousal for some. Here are some tips to enhance pleasure:
- Try different positions
- Use textured condoms
- Keep a clean cotton cloth in handy for wiping off excess moisture

But if you feel that wetness is accompanied by bad odour, colour or texture, pain or burning sensation- consult a doctor.

2 I have a high urge of sex but I am a loner and still a student so no girls will hook up with me...
Having sexual urges and thoughts is a normal phenomenon that starts around puberty. What matters is how you choose to act on these impulses. Learning how to channel such emotions healthily is essential. Sharing how you feel with a close one could help you in feeling less lonely. Over time you may meet someone who is consensually agreeing to engage with you sexually. If you feel your urges are uncontrollable, I recommend you speak to a therapist.

90.23% people know that consent can be taken away any time even during a sexual activity. This is true.
Sexual Health Ed Survey, Allo Health (2022)*

Ask anonymously or read more allo.health/ask

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

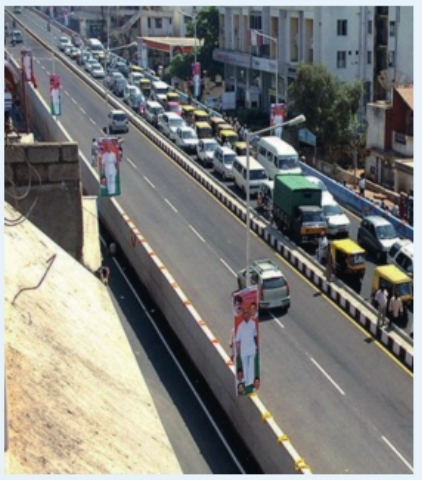
HAVING A BREAK

An Indian silverbill perch near Srikanteshwara Temple in Nanjangud

The picture was clicked by BM reader **Venkatalakshmi S**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

DID YOU KNOW?



Cox Town is one of those suburbs in Bengaluru that was created during the British Raj. It is also known as Sarvagnanagara. Cox Town is named after Alexander Ranken Cox, who served as the last District Magistrate of Bangalore Civil and Military Station. After the bubonic plague of 1898, the area was incorporated to decongest the densely-populated areas of Bangalore Cantonment. At present, it is surrounded by KHB Colony, Maruthi Sevanagr, Kalhalli, Pulikeshi Nagar and more. It also has localities like Sindhi Colony and Doddigunta. People can easily travel to some of the popular places like Shivajinagar and MG Road in the city via this town. It is also close to Ulsoor Lake and Commercial Street.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

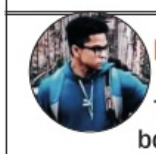
TAPTHECHATTER

where Bengalureans speak their mind

What are the changes you wish to see in parks this year?

Neola D'Souza, BM Reader
Parks should be open for students for a longer time period instead of closing it within 7-8 pm. Many students prefer walking and sitting in the park post classes and hanging out there in the evening. More lights should be installed.

Kanishka Khandelwal, BM Reader
Parks should have more benches, lights, scanners and CCTV cameras so that no form of harassment and theft happen in public places. The parks need a medical aid box, in case any emergency rises.



Bedapratim Sarma, BM Reader
There's requirements for water bottles and snacks counters, more CCTV cameras which are functional, security guards at the gate and the keeping of parks open till at least 8:45 pm.

Raina Rodrigues, BM Reader
The parks should have more CCTV cameras which are functional, security, snacks counters and washrooms. The gates of such public parks should be open till late evening or opened one hour early only for cleaning.

Lalitha Singh, BM Reader
Most of the parks lack maintenance. We go to parks for relaxation but how can we enjoy parks that are poorly maintained, like Mallasandra pipeline park. So, my suggestion is to manage parks better and help people.

Bhakti Dave Pala, BM Reader
Public parks should have more walking space, water bottle and snacks counters like they do abroad. Small businesses should be encouraged to set up stalls with either food or clothing.

SPEAK TO US

What are the ways to make sure the city's garbage management system is working well?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Sarjapur Road: Rides on the wrong side

Bikers, especially delivery valets speed up due to time constraints, say commuters

| Shreyashi Mukherjee
c-shreyashi.m@timesgroup.com

TWEETS @BangaloreMIRROR

The commuters using the Sarjapur Road are facing problems because of those who drive on the wrong side of the stretch. According to the commuters, commuting through the road has become risky. Sumanth M, a commuter, told Bangalore Mirror that it's unfortunate that these incidents are common on a busy road.

"When people drive without following the rules on a busy road like this, they are risking not only their lives but also the lives of the other people who are using the road. Strict actions should be taken against these miscreants to ensure that the road is safe for commuting," he said.

Other commuters added that along with driving on the wrong side, people also overspeed which further increase the chance of accidents. "Bikers, especially the food and the grocery delivery valets are the ones that go from the wrong side. They will mostly overspeed and they do not even wear helmets while driving," said Soumik Kumar, another commuter. "It is endangering everyone on the road. Even with the traffic police present, they do not seem to care about following the traffic rules," he added.

A biker riding on the wrong side of Sarjapur Road, endangering others on the road

According to Abhilash LN, another commuter, some days ago, a delivery partner was coming from the wrong side and was speeding without a helmet. He drove straight and dashed in his car. Thankfully, no damage was done and no one was injured. However, it could have taken a serious turn.

"These incidents of driving on the wrong side are very common because there has been no strong action taken against them," he said. Reportedly, these incidents are most common on the road between Carmelaram post junction and RGA tech park.

According to other commuters, activities like guaranteed delivery within a certain period of time are one of the main reasons behind rash driving. Hence, these kinds of things should be done away with to ensure that delivery partners do not have to overspeed to reach their destination within the assigned time.

"The companies should stop the 10-minute delivery system because that is often the reason why the delivery partners overspeed and use whichever way they find to reach their destination on time. Wrong side driving is putting each one of us in danger," said Anil Vinayak, another commuter.

HEALTH TIP: Studies show that refined carbs can spike blood sugar rapidly, leading to hunger, cravings and increased food intake a few hours later

Bananas are rich in pectin, a type of fibre that gives the flesh its spongy structural form

JUST & GRILL CHILL!

These recipes are perfect for that party you've planning and are a blend of various cuisines

WILD WEST FEAST

INGREDIENTS
- Shitake Mushroom – 70gm
- White Fungus – 70gm
- Button Mushroom – 250gm
- Chilli Flakes – 2gm
- Black Pepper – 2gm
- Oregano – 2gm
- Thyme – 2gm
- Fresh Parsley – 2gm
- Salt – To taste
- Worcestershire Sauce – 2 Ml
- Balsamic Vinegar – 4 Ml
- Garlic – 2 Gm
- Butter – 10gm
- Celery – 8gm
- Leeks – 4gm

Prep Time: 15 mins **Cooking Time:** 7-8 mins **Serves** 2

METHOD
- Cut button mushrooms into halves and blanch it, keep aside.
- Soak white fungus and shitake mushroom in warm water for 15 mins. Drain the water and cut the mushroom into medium pieces.
- Heat pan and add butter. Add chopped garlic, celery and leeks, sauté until wilted.
- Now add the mushrooms into the pan and sauté for a while, until it gets a good golden colour.
- Add up all the dry spice and sauté for another couple of minutes.
- Finish it with a dash of Worcestershire and Balsamic vinegar.

MOROCCAN HARISSA GRILLED PRAWNS

INGREDIENTS
- Tiger Prawns – 12-15
- Red Bell Pepper – 1
- Whole Red Chilli – 25gm
- Cayenne Pepper Powder – 15gm
- Smoked Paprika Powder – 15gm
- Grounded Coriander – 10gm
- Grounded Cumin – 10gm
- Garlic Cloves – 10gm
- Lemon Juice – 10 ml
- Salt – To taste
- Tomato Paste – 20gm
- Olive Oil – 50 ml

Prep Time: 30 mins **Cooking Time:** 10 mins **Serves** 2

METHOD
- Clean and devein the prawns and keep it aside.
- Roast the bell pepper, peel the skin and deseed it.
- Take a pan and put it on medium flame. Add oil and put in the garlic cloves and sauté it to a golden colour.
- Add the roasted bell pepper, tomato paste and deseeded whole red chilli. Add stock water and cook for a while until it reaches a thick consistency.
- Now add grounded coriander and cumin, cayenne pepper powder and sweet paprika powder to the pan and simmer for a while. Let the mixture come to room temperature.
- Put the ingredients in the blender jar and add lemon juice and olive oil. Make it into a thick paste.
- Marinade the prawns with the Harissa paste and keep aside for 20 mins.
- Heat a pan and add a dash of oil. Place the prawns on the pan and cook for 3-4 minutes on either side. Serve hot with garlic aioli.

MOUNTAIN HERBS LAMB CHOPS

INGREDIENTS
- Lamb Chops – 350gm
- All Spice Powder – 2gm
- Sumac Powder – 2gm
- Cinnamon Powder – 1gm
- Nutmeg Powder – 1gm
- Tahini Paste – 5gm
- Black Pepper – 1gm
- Paprika Powder – 5gm
- Salt – To taste
- Dry Mint – 2gm
- Olive Oil – 15 ml
- Lemon Zest – 1gm
- Lemon Juice – 5 ml
- Raw Papaya Paste – 5gm
- Garlic Paste – 5gm
- Grounded Cumin – 3gm

METHOD
- Mix together all the spices and paste and rub into the meat, massaging generously.
- Leave to marinate for 2 hrs or overnight.
- Cook on grill over low heat for 2-3 minutes on either side, then bump up to a hot fire at the end for a crispy brown exterior.
- Garnish with chopped parsley.

Prep Time: 15 mins **Marination Time:** 2 hrs **Cooking Time:** 10 mins **Serves** 2

Recipes by Chef Arnab, Gold Rush Brews

IVF- A boon for women with Endometriosis

1 What is Endometriosis? Is it a chronic disease?

Endometriosis is a disease where tissue similar to the lining of the uterus grows outside the uterus, causing pain and/or infertility.

It is a chronic disease associated with severe, life-impacting pain during periods, sexual intercourse, bowel movements and/or urination, chronic pelvic pain, abdominal bloating, nausea, fatigue, and sometimes depression, anxiety, and infertility.

2 What are the main symptoms of Endometriosis?

Endometriosis is a common condition in women of reproductive age. In addition to pain, endometriosis may also reduce fertility. The main symptoms of endometriosis are chronic pelvic pain, dysmenorrhoea, dyspareunia, infertility, and cyclical bowel or urinary complaints.

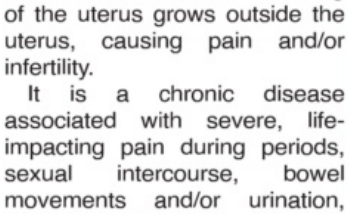
3 Can Endometriosis lead to infertility?

Infertility in women with endometriosis is common, and possible causes are numerous. Many treatment alternatives exist, but with the exception of in vitro fertilization, documented effect is modest or none.

In vitro fertilization (IVF) is an effective treatment option in less-advanced disease stages, and the success rates are similar to the results in other causes of infertility.

4 Can IVF be of help?

IVF is one fertility treatment that may be particularly effective for women with endometriosis. In vitro fertilization is an assisted reproductive treatment that bypasses many of the most common complications of endometriosis.



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Selected answers will be published in this column

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real estate

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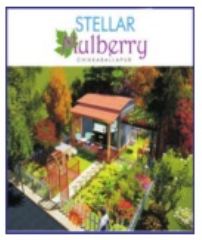

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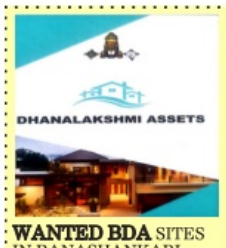

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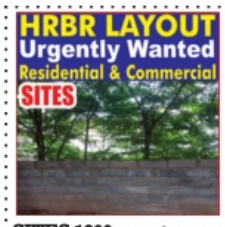

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Not much punch in this horror

HUSHAR

2.0 RATING ★★☆☆☆

- **DIRECTOR** Satishraj
- **ACTORS** Satishraj, Aadhya Priya, Rachana Malnad, Ganesh Rao, Dingri Nagaraj, Vinod, Pushpa Swamy
- **CERTIFICATION** U/A
- **Duration** 149 minutes

Hushar aims to convey a message to society that life takes unexpected turns and one needs to be ready to face challenges. It dives right into the supernatural with a ghost killing a person named Hemanth from Hemapura village. Police visit the spot and begin investigation. They take a young man into custody for interrogation. The man tells the police that Siddesh, a tea shop owner from Hemapura knows more about the deceased. The story then shifts to Hemapura where Sateesh (Satishraj), an employed man, is seen losing money while betting. His friend Siddesh, the teashop owner, helps him get the money back from the gamblers.

Rashmi (Aadhya Priya) comes to Hemapura to work as a teacher at the government school. Siddesh falls in love with her but she advises him to focus on becoming somebody in the society. Then we see a lewd man get into an illicit relationship with a bank manager's wife. She begins neglecting her husband (Ganesh Rao) and daughter Jaanya. Siddesh comes to know about it and advises her to mend her ways but her paramour and she decide to eliminate Siddesh and Jaanya instead. What happens to all these characters is what the story is all about.

Satishraj has acted well as the hero's sidekick. His dialogue delivery and body language are good. He has also succeeded in shaking a leg in an item song with young and energetic junior artistes. The item song – Neenu Noodakke Sixteen Sweety - was sung by Real Star Upendra and Remo of Maja Talkies. Siddesh needs a bit more training to act in emotional scenes. Dingri Nagaraj and Pushpa Swamy provide good support.

The main drawback of the movie is the absence of established actors. The script is good and tries to convey a few messages to society but the lack of prominent actors is not working. The scene of police investigating the murder fails to impress with the two police constable characters looking out of place. Most of the stunt sequences are too filmy too.

Watch Hushar if you have no other plans for your free time.

—Y Maheswara Reddy

Cameron's offer to Rajamouli

Hollywood filmmaker James Cameron, who spoke to Indian filmmaker SS Rajamouli, at length, was all praise for his vision, his genius storytelling and the emotions that drive his characters.

In his conversation with SS Rajamouli, Cameron said: "It's just such a feeling to watch your characters, and your setup, the fire, water, story, reveal after reveal, then moving on the backstory of why he's doing what he's doing, the twists and turns and friendship."

"It's just so powerful. And I love the fact that you just threw the whole thing out, it's just the full show. I love that. I can only imagine the pride and power your country and your home audience feels you must feel on top of the world."

Apart from speaking highly about the film, which Cameron's wife revealed he watched not once but twice, the 'Avatar' and 'Titanic' director also extended an invitation to collaborate with Rajamouli on an international film.

James Cameron said while the two iconic directors parted ways: "And one thing, if you ever want to make a movie over here, let's talk."

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

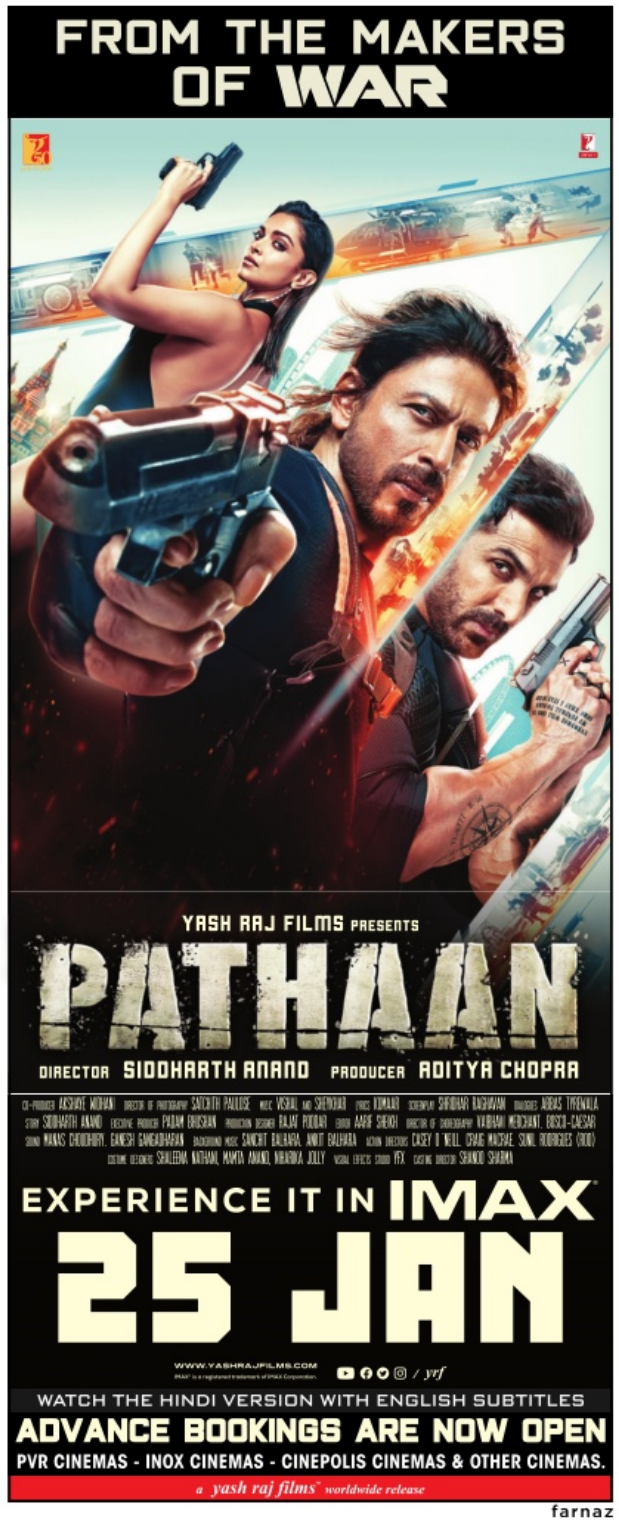
Take a hike

Actor-cum-director Arjun Kishore Chandra released a motivational music album on Friday. This music video is touted to be the first such music video from India to be shot in Ireland.

Arjun Kishore, who acted and directed Kannada movie Life 360 said he shot the video– Yetthara – in Ireland because it is the story of a mountaineer who faces a lot of hurdles because of the Ukraine war. "It is about what makes the mountaineer face problems and how he manages to come out of it. It conveys a message to youth not to give up in their attempts to become somebody in society," said Arjun Kishore Chandra.

The other specialty is that it has Turlough Kennedy as a cinematographer. "I play Param, a hiker in this movie. I got a sponsorship from Ukraine but the ongoing war between Ukraine and Russia played a spoilsport," he said.

Music is provided by Sid and the song is sung by playback singer Vasuki Vaibhav and the music video is dedicated to late Appu's fans all over the world.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Talks work: Wrestlers end protest after assurances

Wrestling Federation chief to step aside; oversight committee to be formed

#NEW DELHI

The aggrieved grapplers called off their protest late on Friday night after getting assurances from the government that their grievances would be addressed, the first step of which was the stepping aside of under-fire Wrestling Federation of India chief Brij Bhushan Sharan Singh.

The wrestlers, including Vinesh Phogat, Bajrang Punia, Sakshi Malik and Ravi Dahiya, decided to end their protest after a breakthrough was achieved during a second round of talks with union sports minister Anurag Thakur.

The wrestlers, some of the country's finest, have levelled allegations of sexual harassment and corruption against the WFI and its chief.

"It has been decided that an oversight committee will be formed. Names for which will be announced tomorrow. The committee will complete its investigation within four weeks. It will thoroughly probe all the allegations be it financial or sexual harassment that have been levelled against WFI and its chief," Thakur said after the marathon meeting. "Till the investigation is over, he (Singh) will step aside and co-operate with the investigation and the oversight committee will run the day-to-day affairs of WFI," he added.

Union Minister of Sports and Youth Affairs Anurag Thakur along with wrestlers Bajrang Punia, Vinesh Phogat, Sakshee Malikkh, Babita Phogat and Ravi Kumar Dahiya at a joint press conference

This came barely few hours after the Indian Olympic Association had formed a seven-member committee, headed by M C Mary Kom, to probe the charges against Singh.

Olympic medallist Bajrang said, "We have been assured safety and security by the government because we were threatened by WFI president in the past. We did not want to take the route of protest, but we were pushed to the limit.

"This is an important year with the Asian Games and Olympic qualifiers lined up. So, after getting assurances from the government, we have decided to end the protest."

"We are sure the committee will conduct an unbiased investigation. As far as our safety is concerned, the minister has assured that it is their responsibility." Besides legendary boxer Mary Kom and wrestler Yogeshwar Dutt, the IOA panel includes archer Dola Banerjee and Indian Weightlifting Federation of India (IWLF) president Sahdev Yadav.

The committee also has two advocates -- Talish Ray and Shlok Chandra -- besides former shuttler Alaknanda Ashok, who is its vice chairperson.

The IOA decision was taken during the apex sports body's emergency Executive Council meeting, which was attended by the likes of Olympic champion shooter Abhinav Bindra, Olympic bronze medallist Yogeshwar, along with IOA president PT Usha and joint secretary Kalyan Chaubey.

IOA Athletes Commission Member Shiva Keshvan was a special invitee in the meeting.

IOA president PT Usha has assured that a thorough investigation will be carried out by its panel to ensure justice. **– PTI**

7 hurt in Jammu blasts

#Jammu

Seven people were injured in two explosions within a span of 15 minutes here on Saturday, sources said.

The additional director general of police (Jammu zone) confirmed the explosions and injuries to six people. Hospital sources, however, said seven people were admitted with splinter injuries and all of them are "stable".

The blasts in the transport yard of Narwal were triggered by suspected terrorists at a time when security agencies in the region are on high alert amid the ongoing Bharat Jodo Yatra of the Congress and the upcoming Republic Day celebrations.

The first blast occurred around 10.45 am, followed by another explosion, an official said, adding that the whole area was cordoned off and a search operation underway.

Jaswinder Singh, an eyewitness, said the first blast occurred in a vehicle that was sent to a workshop for repairs. Fifteen minutes later, another explosion nearby littered the area with damaged parts and garbage, said Singh, chief of the Motor Spare Parts Association. Five people were injured in the first blast and two more in the second, he added. **– PTI**

Security personnel at the incident site in the Narwal area of Jammu, on Saturday

SC turns down plea for 'one car one person' norm

#New Delhi

The Supreme Court has junked a plea seeking to enforce the "one car one person" norm, besides demanding the imposition of environmental tax on the second vehicle of an owner. A bench of Chief Justice DY Chandrachud and Justice PS Narasimha said the issues raised in the plea pertain to the policy domain.

"The issues which are raised in the petition under Article 32 of the Constitution of India in the present case pertain to the policy domain. Hence, we are not inclined to entertain the petition. The petitioners are at liberty to pursue their grievances before the authorities in accordance with law," the bench said. The top court was hearing a plea filed by NGO Tsunami on Roads, seeking directions to initiate a national programme against air pollution in order to get special attention, priority and better coordination among the states and the Centre, with a better utilisation of the budget.

The plea also sought to allow only one personal car per person or imposition of a cess. **– PTI**

Govt blocks tweets, videos sharing BBC's documentary

#New Delhi

Multiple YouTube videos sharing the first episode of the BBC documentary "India: The Modi Question" have been blocked as per the directions issued by the Ministry of Information and Broadcasting, sources said on Saturday.

Along with YouTube videos, the Centre has also directed Twitter to block over 50 tweets containing links to the concerned YouTube videos.

Both YouTube and Twitter complied with the government after directions were reportedly issued by Secretary, Information and Broadcasting on Friday using the emergency powers under the IT Rules, 2021.

UK's National broadcaster British Broadcasting Corporation (BBC) aired a two-part series attacking PM Modi's tenure as Gujarat Chief Minister during the Gujarat riots of 2002. The documentary sparked outrage and was removed from select platforms.

On Thursday, India denounced the controversial BBC documentary series on Prime Minister Narendra Modi and described it as a "propaganda piece" that is designed to push a discredited narrative.

"We think this is a propaganda piece designed to push a particular discredited narrative. The bias and the lack of objectivity and frankly continuing colonial mindset are blatantly visible," said External Affairs Ministry spokesperson Arindam Bagchi during a weekly media briefing.

Even though the documentary was not made available in India by BBC in India, some YouTube channels appear to have uploaded it to promote an anti-India agenda.

Sources said that YouTube has also been instructed to block the video if it is again uploaded on its platform. They added Twitter has also been directed to identify and block the tweets containing the link to the video on other platforms.

This decision was made after top government officials from across several ministries examined the documentary and found it to be an attempt to cast aspersions on the authority and credibility of the Supreme Court of India and sow divisions among various Indian communities.

The sources added that the documentary was accordingly found to be undermining sovereignty and integrity of India, and having the potential to adversely impact India's friendly relations with foreign States. **– ANI**

12-hr wait for rape survivor

#Keonjhar

A gang rape survivor in Odisha's Keonjhar district alleged that she had to wait in a police van for 12 hours for her medical examination.

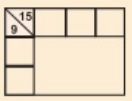
The incident took place in Anandapur sub-division of the district after a case of gang rape was registered at the Soso police station on Thursday.

The woman was taken in a police van to Anandapur sub-divisional hospital on Thursday morning where doctors refused to undertake her medical examination as the place of occurrence of the crime was under Salania Community Health Centre (CHC) area. The personnel accompanying the woman then took her to Salania CHC. She was made to sit in the police van as there was no lady doctor at CHC to conduct medical examination. **– PTI**

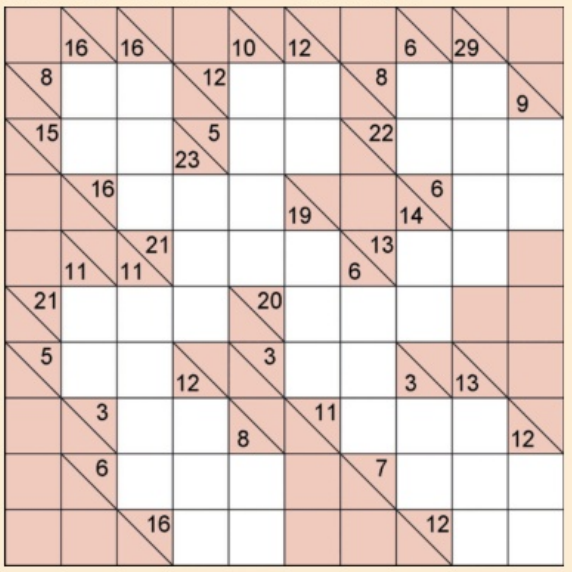
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

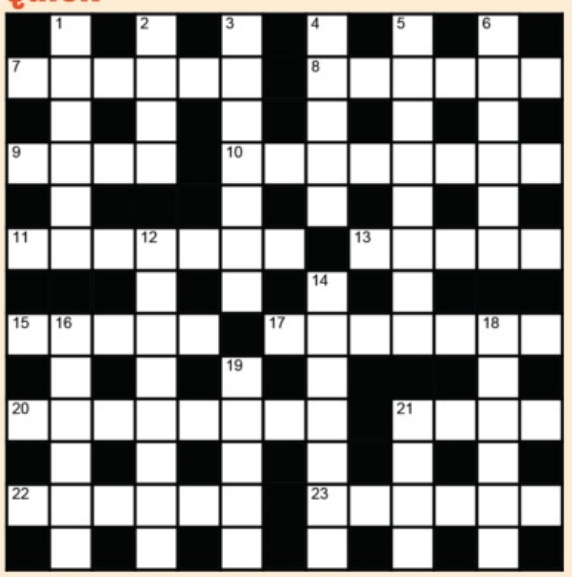
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 A French cake (6)
8 Flight of steps (6)
9 Editor's excision (4)
10 Element of the halogen family (8)
11 Like ___ ___ : swiftly? (3,4)
13 Apple drink (5)
15 Employing (5)
17 Baseball feat (4,3)
20 Get or inherit? (4,4)
21 Bird's bill (4)
22 Symbol or insignia (6)
23 Claptrap (6)

DOWN

1 Bollywood director ____ Bhatt (6)
2 Anatomical network (4)
3 Bungling or missing a catch (7)
4 One of a regular series of magazine etc. (5)
5 Very fine fracture (8)
6 Cower, shrink or wince (6)
12 Amusement park on the Bangalore–Mysore highway (8)
14 Capital of Sri Lanka (7)
16 Tempestuous (6)
18 One of the outer planets (6)
19 Dwarf or goblin (5)
21 Tie up (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS D

WH SNA SUOSN EPAQR'S QBTA OQ, LNBS EPAQ SNBS QBZ BCPOS OQ?

Linemaro

You know what I am most thankful for? Having met you

Mindchow

You try to kill time, but it ends up killing you

Joke of the day

Murphy's law of buses: Two buses for the same place will always pull in together

Loop

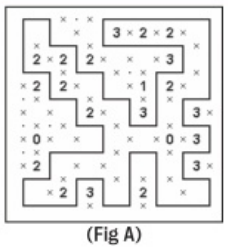
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

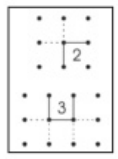
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

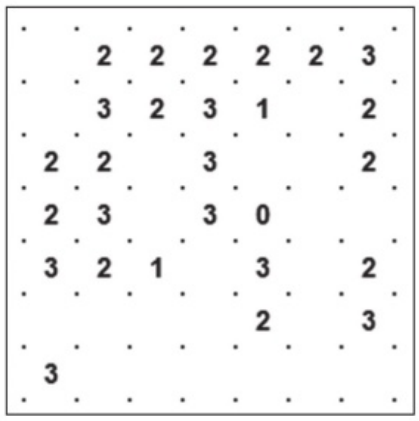
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



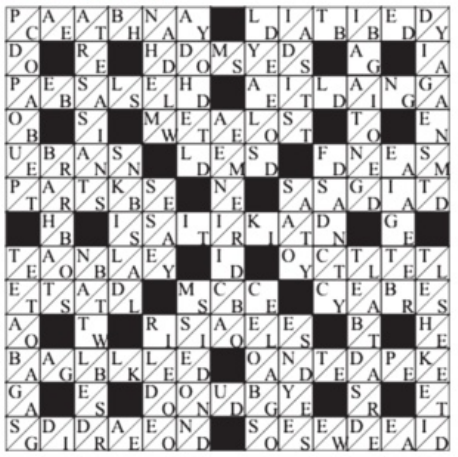
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9				K

ACROSS

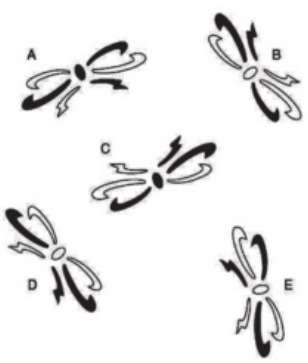
1 A Slav; 6 I dost;
7 A drag; 8 Cop it;
9 Tucks

DOWN

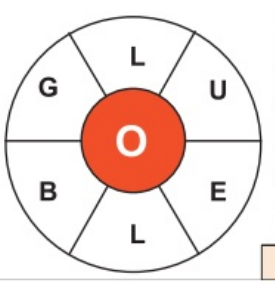
1 Log so; 2 PTA ad;
3 IV rut; 4 Sic ad;
5 Tacks

Mensapuzzle

Which is the odd one out?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

7			2		8	5		
	9						7	
		4			3	6		
			4		7			9
4	5		3		9		2	6
8			1		2			
		8	9			7		
	7						6	
		6	7		4			3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11

2 4 8 9

Medium = 18

3 4 5 6

Hard = 1

1 4 6 2

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

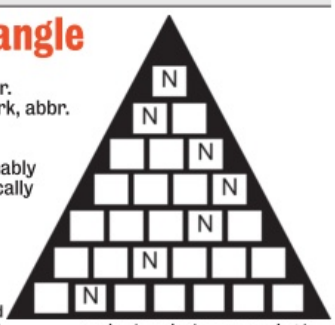
Differences: 1. Paper is larger. 2. Cast is smaller. 3. Briefcase is moved. 4. Cord is moved. 5. Bandage on head is different. 6. Hat is different.

Riddler

How can paper burn without any damage?

Alpha triangle

1 One of the poles
2 Not available, abbr.
3 Local Area Network, abbr.
4 Joie de vivre
5 Inclines against
6 Rationally, reasonably
7 Examine methodically



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
THE PROBLEM IS, WE HARDLY EVER TALK ABOUT OUR RELATIONSHIP!
THE PROBLEM IS, WE NEVER STOP TALKING ABOUT OUR RELATIONSHIP!
"I forgot to tell you...I turbo-charged the hair dryer so you could spend less time getting fixed up!"
"There are only two of us in our family. Three, if you count the cat. Four, if you include the TV."
WEDDING PHOTOS
"Stanley wasn't ready to make a commitment until I told him there'd be free food and drink at the reception."
"My sister is a great negotiator. After her last divorce, she got custody of his lawyer's house and car!"

the AMAZING SPIDER-MAN
STAN LEE
CAN A NORMAL COLLEGE STUDENT COPE WITH SUPER POWER AND A SECRET IDENTITY, OR--MUST DISASTER FOLLOW?
SPLASSSH
LOOK OUT! THAT WAVE'LL SWAMP THE BOAT!
FWIPP!
MAYBE NOT!
YOU STABILIZED US--JUST IN TIME!
BUT WHAT DID YOU FIND TO ANCHOR IT TO--THAT WAS STRONG ENOUGH TO STOP THE BOAT FROM-
OH. I SEE.
BUT I THOUGHT BRUCE BANNER ONLY BECAME THE HULK WHEN HE WAS ANGRY!
MAN BEHIND YOU--ME MAKES HULK MAD!
K-KEEP HIM AWAY FROM ME!
DON'T WORRY, JAMESON! I WON'T LET THE BIG BAD GREEN-SKIN HURT YOU-
-AS LONG AS YOU KEEP YOUR PROMISE ABOUT DR. CONNORS.
I'LL KEEP IT!
I'LL KEEP IT!
BUT FOR HOW LONG?

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel dull, you may face obstacles in your work front. You should keep patience in making investments. Quick decisions in business are not advisable today. You are likely to spend money on worthless stuff, which may make your family unhappy.

Taurus Apr 21 – May 20
Today your hard work may pay you in terms of success. You may plan to go for a short work-related trip. Your subordinates may support you in implementing your business plans. Your opponents may praise your hard work. You may hear good news in terms of siblings.

Gemini May 21 – Jun 21
Today you may be able to control your expenditures on worthless stuff. You are likely to plan to invest capital in the business. You may invest your savings into some real estate projects, which will boost your financial health in the near future. You may be polite with others. You may be able to focus on domestic affairs but your spouse will become upset or will have some health issues.

Cancer Jun 22 – July 23
Today you may have good vitality and inner strength. You are likely to make good plans and may implement them efficiently. You might carefully read documents before putting a signature. Due to over enthusiasm, you may invest some capital in family business. Love birds shall avoid discussing worthless topics.

Leo Jul 24 – Aug 23
Today is not a good day due to anxiety and restlessness. You may waste your precious time doing worthless tasks. You may plan to visit some religious places to seek peace of mind. You may get some advice from your elders, which may show you some direction to manage the messy situation.

Virgo Aug 24 – Sep 23
Today at social get together, you will re-establish your network, which will give you benefits in near future. Natives related to glamour, art, fashion will plan to do something new in terms of their profession. Students will perform better today in terms of study. Love birds will enjoy their happy moments.

Libra Sep 24 – Oct 22
Today you may be busy on the work front, which may make you tired and may be not able to properly spend time with your family. You may be able to create some overseas networks also. You should be careful in terms of investments. Natives in the job may get a promotion.

Scorpio Oct 23 – Nov 22
Today's situation is under control now. Your destiny is likely to be with you in terms of gains in business. You may get some rewards for your hard work. It may be a good time to reinitiate your postponed projects. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

Sagittarius Nov 23 – Dec 22
Today your moon is not in a good position, you may have health issues. You may face losses in the business or investment. It is advised not to invest in business. Your gains will convert into losses. Therefore, you are advised to stop making investments in worthless objects. You should avoid being involved in controversies, otherwise it will pull you down negatively.

Capricorn Dec 23 – Jan 20
You are blessed by the moon today, you may expect to hear some good news in terms of profession. Domestic life is likely to be in full swings of joy. You are advised to avoid making arguments on worthless topics. Over excitement may test your patience. You can make important decisions in making investments in real estate. Students may be focused on their studies.

Aquarius Jan 21 – Feb 19
You will feel some dullness but somehow you are likely to get back to your work. You may pay extra attention to the kid's academics. You are likely to be in the winning position against your enemies and opponents. Investors should be careful while making difficult decisions. Job seekers may find suitable jobs.

Pisces Feb 20 – Mar 20
Today you may find negative vibrations around you, which may make you unhappy. You should avoid making investments in worthless assets. You may notice, friends may not be supportive today. Therefore, you should not expect more from them for help, otherwise it may make you more upset. You should make independent decisions today.

KIDZONE

P Vaishna VI, 9 Years, Holy Spirit School

Jesvin Suraj, 6 Years, St Joseph Boys High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
Soak the paper in 50% isopropyl alcohol. Then, the alcohol burns and the paper does not. Alcohol molecules do not bond as tightly, so the alcohol burns at a lower temperature than the paper. You can add NaCl (sodium chloride or common table salt) so it will burn with a yellow flame, and make the flame more visible.

SOLVE IN 1M
5(16 ÷ 4) ÷ 100 =
5(20) ÷ 100 =
100 / 100 = 1

FAST FIVE

L	A	V	A	S
O	D	I	S	T
G	A	R	D	A
O	P	T	I	C
S	T	U	C	K

STRIKE OUT

C	A	T	H	A	Y	D	A	B	E	D
O	R	H	O	M	E	S	A	I		
P	E	A	L	E	D	A	I	D	I	N	G
O	I	M	E	A	L	S	F	E	E	S
U	R	N	S	L	M	S	T	A	I	R
T	A	S	K	S	E	S	A	D	A	T
B	I	S	T	R	I	A	N	G		
T	A	B	L	E	I	O	C	T	E	T
E	T	A	L	M	C	C	Y	A	R	E
A	W	R	I	A	L	S	B	H		
B	A	L	K	E	D	O	N	T	A	P	E
A	E	D	O	D	G	E	R	E		
G	I	D	E	O	N	S	E	E	D	E	D

QUICK

M	R	M	I	H	C					
G	A	T	E	A	U	S	T	A	I	R	S
H	T	F	S	I	I					
D	E	L	E	F	L	U	O	R	I	N	E
S	I	E	L	G						
T	H	E	W	I	N	D	C	I	D	E	R
O	G	N								
U	S	I	N	G	H	O	M	E	R	U	N
T	D	G	L	R						
C	O	M	E	I	N	T	O	B	E	A	K
R	R	O	M	I	N					
E	M	B	L	E	M	B	U	N	K	U	M
Y	A	E	O	D	S					

BULL'S EYE
GLOBULE, lobe, globe, ogle

QUOTE UNCODE
If the truth doesn't save us, what does that say about us?

MENSA PUZZLE
D: A is the same as E but with black/white reversal, and similarly B is the same as G.

SUDOKU

7	6	3	2	9	8	5	4	1
2	9	5	6	4	1	3	7	8
1	8	4	5	7	3	6	9	2
6	1	2	4	5	7	3	8	9
4	5	7	3	8	9	1	2	6
8	3	9	1	6	2	4	5	7
3	4	8	9	2	6	7	1	5
9	7	1	8	3	5	2	6	4
5	2	6	7	1	4	9	8	3

ALPHA TRIANGLE
N, NA, LAN, Elan, Leans, Sanely, Analyse.

GO FIGURE
Easy
2 × 8 − 9 + 4 = 11
Medium
4 + 5 + 6 + 3 = 18
Hard
2 + 4 / 6 x 1 = 1

LOOP

KAKURO

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RED HOT

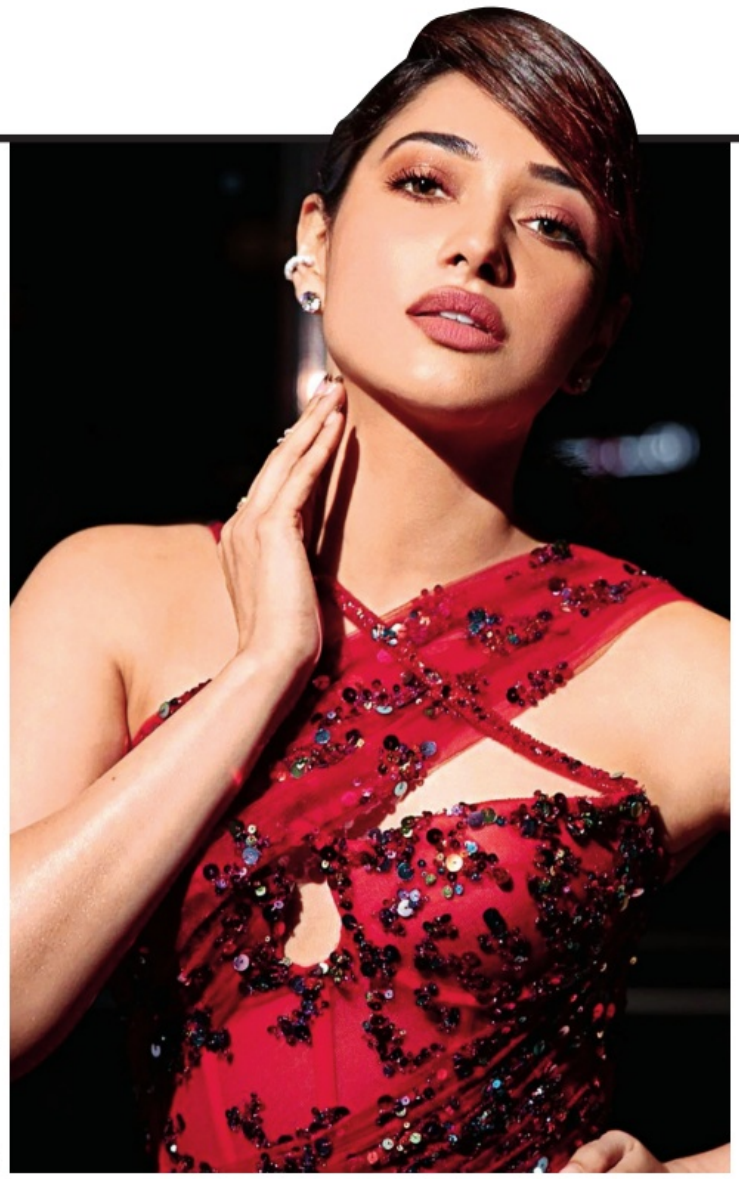
Great pictures call for fiery comments

Vijay Varma and Tamannaah Bhatia have got everyone talking about their rumoured romance after a video of their alleged kiss went viral on social media. The couple has been hanging out for professional reasons but looks like there's more than what meets the eye!

Recently, Tamannaah shared a video on social media, which captured her in a series of glamorous red outfits. She had captioned it as, "Pretty dresses and prettier places make for the prettiest pictures." Showering his rumoured girlfriend with love, Vijay posted a series of fiery emojis, a fire extinguisher and a fire brigade emoji in the comments section. Fans are in awe of Vijay's steamy comment on Tamannaah's post and it has received a whole lot of likes too.

Fans manage to keep a close eye on stars' social media accounts to get the goss

Vijay Varma and Tamannaah Bhatia crossed paths on the sets of Sujoy Ghosh's film in the 'Lust Stories 2' anthology. The duo has refrained from commenting on their romantic rumors and continues to floor fans with their public appearances. When ETimes had asked Vijay as to what he seeks in a partner, the actor had shared, "I think I would really like someone who is genuine, true and authentic to who they are. Also, I think kindness is really a big, big draw for me. Sense of humor for sure, because I feel I need to be around a person who is able to laugh at difficult situations. And then there are these classic things that boys say - I like a good smile, big eyes and all that." —ETimes



Brooke Shields reveals sexual assault

Brooke Shields reveals that she was the victim of a sexual assault in a new documentary about her life that premiered Friday afternoon at the Sundance Film Festival. She doesn't name the man who she said raped her, but she described the circumstances: It took place soon after she graduated college with someone she knew professionally and had met for dinner to discuss work. The assault happened when she went to his hotel room to call a cab.

"I didn't fight that much. I just absolutely froze," she says in the film. "I thought my one 'no' should have been enough." Later, when she told her friend, security specialist Gavin de Becker, about what happened, he said, "That's rape." At the time she wasn't ready to believe it.

It is just one of many revelations in "Pretty Baby," a nuanced look at Shields' life up until now including her rise to fame, her complicated relationship with her mother Teri Shields, who was an alcoholic. The film will be on Hulu later this year. —AP

Sequel time

Actress Rashmika Mandanna has given an update on the sequel of the 2021 blockbuster 'Pushpa: The Rise'

Rashmika Mandanna shared that while 'The Boys' (insert the soundtrack of 'Bones' as per the Insta reel ritual) Allu Arjun and other actors have started the shoot of the film, she will join the shoot next month.

She said, "The boys have started shooting, and I'll be joining the shoot next month, so I'm really excited! And, the things that I'm hearing from the second half is (made the explosion sound). Really mind blown about how (director) Sukumar sir is coming up with these things, because if you watch the first half, you just feel like that is the story itself."

She further mentioned while talking on FC Front Row, "But the second part is something much more than the first part and you're like "wow, now that's something fabulous!" "At the same time, I think all of us actors from Pushpa 1 have seen our work in the first half, and now we're much more clearer on what kind of a world we're living in. So I think all our performances are going to change. I think the performances are going to get more intense in the second half. And yeah guys, it's going to be amazing."

Meanwhile, her 'Mission Majnu' co-actor Sidharth Malhotra spoke on the similarities being drawn between 'Mission Majnu' and the 2018 film 'Raazi'.

He said, "I think it's never a bad thing when people are trying to use a reference point for a film, especially comparing it to a good film. Yes, the elements on the outer periphery of seeing a trailer might look similar, it is in the same decade, similar elements." "But, I think the experience is completely different. It's only fair to speak to people once they see the film... we're only trying to give the elements which you need to decide to click, in today's age, or to get engaged." —IANS

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Ladies in white

Alia Bhatt, Kiara Advani, Nora Fatehi, Janhvi Kapoor and other actresses who prove that white is not 'vanilla' this festive season.